

Group Fitness Instructors – Seniors Programs

Location: Ron Edwards Family YMCA, 500 Drury Ln, Burlington, ON L7R 2X2

Position Type: Part Time

Hourly Wage: \$26.14 per hour

Position Description:

The Group Fitness Instructor – Seniors Programs will be responsible for the direct delivery of senior group fitness classes such as GentleFit, Balance+, WalkFit, hydrotherapy. A number of these programs are included in our LiveWell partnership with Hamilton Health Sciences and McMaster University and have been specifically designed to support chronic disease self-management. This role will help to support healthy, active aging and social connection.

This position is part-time position with a flexible schedule based on programming needs. This may include mornings, afternoons, evenings, weekends with an emphasis on Group Fitness, program reviews and the provision of excellent customer service.

In this position, you will:

- Direct delivery of senior fitness classes, modeling service excellence in assigned program areas
- Interaction with members developing positive relationships and addressing concerns or questions
- Maintain relevant certifications
- Required to work a variety of shifts

You Bring:

- Current Standard First Aid and CPR-C certification
- Up to date and relevant Group Fitness Certifications – such as YMCA Group Fitness, Senior Fitness Instructor (SFIC) or equivalent (CanFit Pro)
- Previous experience in teaching senior group fitness classes, i.e WalkFit, GentleFit.
- Excellent customer service skills
- Must provide a current Criminal Record and Judicial Matters Check (issued within the past 6 months) is a condition of employment as per the Association's policy

Interested in applying?

Please send your resume to Andrea Sandhu, Health & Wellness Supervisor at:
andrea.sandhu@ymcahbb.ca

To view and apply for positions as a current employee, please log into your UKG account and click "My Company", then "View Opportunities" in the sidebar menu.

The YMCA of Hamilton | Burlington | Brantford is committed to creating an inclusive, diverse, equitable and accessible environment. All qualified applicants will receive consideration for employment without regard to race, colour, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, age, or neurodiversity.

We understand the social barriers preventing individuals from applying for open roles. We encourage those from the Indigenous, 2SLGBTQIA+, BIPOC, and Disabled communities to apply.

If you need any accommodation throughout the recruitment process, please do not hesitate to contact our People, Leadership and Culture Department plc@ymcahbb.ca